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Media Release – Is Small Group Training For Me?

From: NZ Register of Exercise Professionals



Is Small Group Training For Me?

If you are after a straightforward, results-based exercise session with the advantages of individualised care, then small group training will be perfect for you.

It's a great way to maximise your effort and minimise the cost, all while socialising, or competing with like-minded exercisers.

Small group training differs from group exercise classes as with small group training you'll find your trainer will be able to individualise your workout more. It's less about you following the instructor, and more about the exercise professional working with you. While the most commonly advertised forms of small group training are the boot camp formats, the truth is that for every hard-core style of training session, there is a more tailored class on offer.

In a small group session the notion of 'everyone looking at me' is replaced by the 'everyone is supporting me'. The small group size and format means that participants get to know and trust each other as well as the instructor. Opportunity for one on one attention facilitates a feeling of belonging and ability to get feedback.

Working with a group makes the session with an instructor more cost effective. Even those working one on one can benefit with the addition of small group training as well as one on one sessions. While the benefits of working one on one with an exercise professional are not in question, for those on limited budgets, having options for an individualised programme is important. One of the benefits of small group training is the personalisation. Many of the benefits above were the result of this 'one on one in a group' style so it's worth looking for a session that offers this in some form.

Not all exercise professionals or instructors are created equal. In fact in NZ a person with no qualifications can set up. That's why it's important to make sure your session is operated by someone with the right education, has plenty of experience, and who can offer you encouragement during and between sessions. By choosing a Registered Exercise Professional you can be assured your instructor knows their stuff.

Some tips to think about when choosing a small group training option:

- If you are new, choose a programme that has ten or less people in it to ensure your instructor can give you the support you need.
- Talk to the instructor prior to signing up to make sure their training style is the right fit for you. You might find they even offer a free first time to experience the many benefits of small group training

Contact details for further information about the exercise industry:

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the “warrant of fitness check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

